

Adenoidectomy: Ku daryeelida guriga (Somali)

Maxuu yahay qanjirka qaliinkiisa?

Qaliinka qanjirku waa soo goyn qanjirka.

Maxaan filan karaa qaliinka kadib?

Qaliinka qanjirka waxuu keeni karaa raaxo-la'aan dhowr maalmood, sida:

- qoor xanuun
- dhag xanuun
- sanko oo ku xiran
- xumad yar, ilaa 100° F

Cunugga waxaad ku arki doontaa khuurin (quurin) iyo neefta afka oo qurmuun, labo illaa sadex usbuuc waana caadi taasu.

Sidee baan u daryeelaa cunuggayga?

Si aad uga hortagtid dhiig bax, sanko oo an la duufin iyo candhuuf tufid. Haddii loo baahdo si khafiif ah u tirtir sanko.

Cunuggaaga markii uu hindhisi rabo, ku dhiirri gali inuu afka furo oo cod sameeyo.

Ka fiiri warqadda fariimaha ka bixidda Isbitaalka ee lagu siiyay, wixii fariima ah oo ku saabsan daawada xanuunka bi'isa, cunitaanka, ciyaaraha loo ogolyahay, iyo marka ay tahay in aad aragtid dhakhtarka qaliinka.

Adenoidectomy: Care at home (English)

What is an adenoidectomy?

An adenoidectomy (**add-noid-ek-toh-mee**) is surgery to remove the adenoids.

What can I expect after surgery?

Adenoidectomy causes some mild discomfort for a few days, such as:

- sore neck
- earache
- stuffy nose
- slight fever

Snoring may continue for 2 or 3 weeks due to swelling. Bad breath is common.

How can I care for my child?

To prevent bleeding, avoid nose-blowing and spitting. Wipe the nose gently if needed.

When sneezing, encourage your child to open the mouth and make a sound, to prevent pressure buildup.

See your Discharge Instruction Sheet for specific instructions about pain medicines, eating, activity, and when to see the surgeon again.

Goormaan soo wici karaa dhakhtarka qalliinka?

- cunugu markuu cabida diido
- daawada cunuga loo qoray markay xanuunka ka caawimiwayso
- sideed saac kadiba markii kaadi ka imaan weydo
- hunqaaco ama calool xanuun aan istaageyn
- xumad ka sareysa sidaan:
 - 101° F (38.4° C) afka marka laga cabiro ama
 - 100° F (37.8° C) kilkisha marka laga cabiro

Soo wac dhakhtarka markiiba haddii:

- xinjiro dhiig ah uu tufayo
- si kadis ah dhiig sanko ka imaanaya
- hunqaacid dhiig caddaan ah

Su'aalo?

Warqadan amaba warbixintani kuma saabsana ilmahaaga oo keliya, laakiin waa warbixin guud. Haddii aad qabtid su'aalo, fadlan soo wac dhakhtarka.

Hadii aad rabtid warbixin ama qoraalo kusaabsan cudurkan, ama casharo/qoraalo caafimaad oo kale, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

When should I call the surgeon?

- refusing to drink
- pain that is not relieved with the medicine that has been recommended
- not urinating at least every 8 hours
- continued upset stomach or vomiting
- temperature higher than:
 - 101° F (38.4° C) by mouth, or
 - 100° F (37.8° C) under the arm

Call the doctor right away if:

- spitting up blood clots
- sudden nosebleeds
- vomiting bright red blood

Questions?

This sheet is not specific to your child but provides general information. If you have any questions, please call your surgeon.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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